



Peppered Turkey-Watercress Burgers

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

273 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 pound ground turkey breast
- ☐ 0.8 cup yogurt plain low-fat divided
- ☐ 2 teaspoons cracked pepper black divided
- ☐ 0.5 teaspoon salt
- ☐ 1 inch tomatoes
- ☐ 1 cup watercress trimmed
- ☐ 1.5 cups watercress trimmed chopped
- ☐ 6 ounce hamburger buns whole wheat toasted
- ☐ 0.5 teaspoon worcestershire sauce

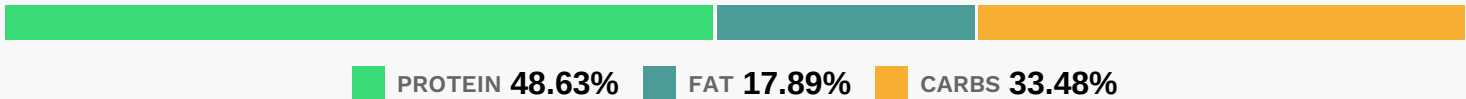
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Prepare grill.
- ☐ Combine turkey, chopped watercress, 1/4 cup yogurt, 1 teaspoon cracked pepper, salt, and Worcestershire sauce in a bowl. Divide mixture into 4 equal portions, shaping each portion into a 1/2-inch-thick patty. Press remaining 1 teaspoon pepper onto both sides of patties.
- ☐ Place patties on grill rack coated with cooking spray; cover and grill 5 minutes on each side or until done.
- ☐ Spread 2 tablespoons yogurt over top half of each bun. Line bottom half of each bun with 1/4 cup trimmed watercress; top each with a patty, a tomato slice, and top half of bun.
- ☐ carbo rating: 24

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:0.18, Inflammation Score:-7, Nutrition Score:22.679565305295%

Flavonoids

Kaempferol: 4.89mg, Kaempferol: 4.89mg, Kaempferol: 4.89mg, Kaempferol: 4.89mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg, Quercetin: 6.38mg

Nutrients (% of daily need)

Calories: 273.32kcal (13.67%), Fat: 5.53g (8.51%), Saturated Fat: 1.62g (10.14%), Carbohydrates: 23.28g (7.76%), Net Carbohydrates: 21.3g (7.75%), Sugar: 6.03g (6.7%), Cholesterol: 65.13mg (21.71%), Sodium: 594.13mg (25.83%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.82g (67.64%), Vitamin B3: 13.02mg (65.12%), Selenium: 40.34µg (57.63%), Vitamin K: 56.23µg (53.55%), Vitamin B6: 1.06mg (53.21%), Phosphorus: 390.38mg (39.04%), Manganese: 0.62mg (31.06%), Vitamin B2: 0.38mg (22.21%), Vitamin B1: 0.31mg (20.56%), Zinc: 2.89mg (19.26%), Potassium: 601.04mg (17.17%), Magnesium: 65.75mg (16.44%), Folate: 63.56µg (15.89%), Calcium: 158.84mg (15.88%), Vitamin B5: 1.56mg (15.59%), Iron: 2.77mg (15.41%), Vitamin A: 741.22IU (14.82%), Vitamin B12: 0.84µg

(14%), Vitamin C: 9.69mg (11.74%), Copper: 0.2mg (9.77%), Fiber: 1.98g (7.93%), Vitamin D: 0.45µg (3.02%), Vitamin E: 0.35mg (2.33%)